

## A CAVITY-FREE GENERATION

Children in the United States have better teeth than ever before. This improvement will continue if they follow all six steps listed below:

1. Obtain daily fluoride from fluoridated water, tablets, or drops.
2. Brush and floss daily, using a fluoride toothpaste.
3. Visit the dentist every year, starting at age 3.
4. Ask the dentist about pit and fissure SEALANTS at age 6 and at age 11.
5. Use fluoride mouthrinse at school or at home.
6. Cut down on the number of snacks containing sugar.



For more information contact:

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# PIT & FISSURE SEALANTS

## SEAL YOUR TEETH TODAY



## SAVE THEM FOR TOMORROW

## PIT & FISSURE SEALANTS

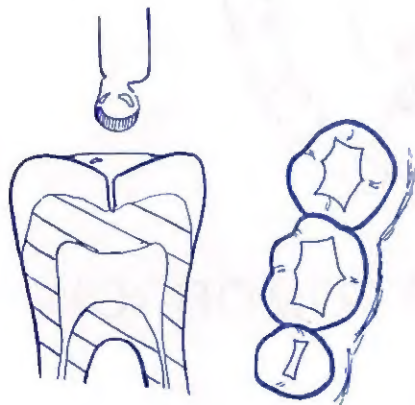
### DECAY ATTACKS PITS AND FISSURES

When a dentist talks about pits and fissures, he is referring to the dimples and grooves on the biting surfaces of the back teeth. Often they are deep and narrow, which makes this part of the tooth more susceptible to decay because food and bacteria can be trapped there. In a child's permanent teeth, about half of the decay occurs in the pits and fissures. Decay in this area is a frequent cause of permanent tooth loss for children.



### SEALANTS TO THE RESCUE

Fluorides and toothbrushing are great ways to prevent cavities, but these methods don't work well on pits and fissures. Fortunately, the dentist has SEALANTS to fill the gap. This plastic resin flows into the deep pits and fissures, hardens, and seals out the decay-causing bacteria.



SEALANTS usually remain in place for years, preventing decay.

As long as the SEALANT is in place, the tooth is safe from pit and fissure decay. If part of the SEALANT comes out, the dentist can easily replace it. A SEALANT for a tooth usually costs half as much as a small filling, but the fee varies from one dentist to another.

SEALANTS are clear or lightly tinted and are not readily noticed by a casual observer.

## SEAL OUT THE DECAY

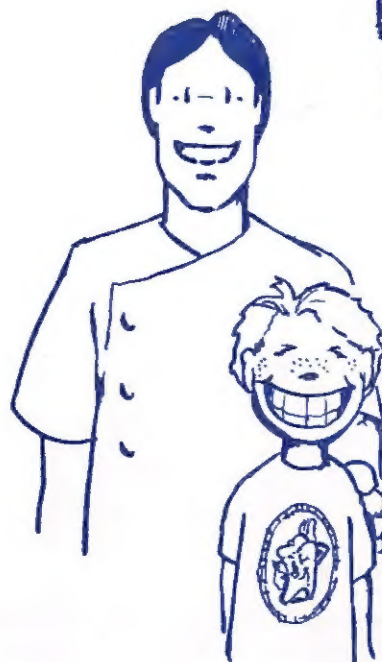
### SEALANTS ARE "NO SWEAT".

SEALANT placement is a simple, painless procedure. No shots or drills are used. The tooth's biting surface is prepared with a mild chemical, washed, dried, and painted with the SEALANT.



### SEALANTS ARE FOR KIDS

SEALANTS work best on newly erupted permanent teeth. Therefore, a child who is receiving fluoride should be considered for SEALANTS at age 6-7 when the first molars appear and again at age 11-12 when the rest of the permanent teeth appear. SEALANTS are not appropriate for teeth with fillings, decay, or shallow grooves.



**Ask Your Dentist Whether Your Child Can Benefit From SEALANTS.**